

Consortium Connection

“Healthy Environment, Healthy Lifestyles, Healthy Community”

It's a New Year!

As 2012 begins, we look back on all of the wonderful accomplishments that have transpired throughout the span of the Consortium. Since 2003, this initiative has been impacting the Miami-Dade County community, making it a better place to live for all of its inhabitants.

We take great pride in all of the work that has been done and look forward to all of the great work that lies ahead. All of this would not be possible without the hard work and dedication put forth by the community, and for that we would like to express our deepest appreciation. May the new year bring you all happiness, and bring many more positive changes to our community.

Thank you for all you have done, all you do, and all you will do!



Consortium Annual Event

This year the Consortium for a Healthier Miami-Dade Annual Meeting and Showcase will highlight the efforts and successes of the Consortium during the past year and provide an overview of initiatives moving forward.

This event is **FREE** to attend, so reserve your seat today! Space is limited!

Log on to <https://www.surveymonkey.com/s/ZH9QJVB>

WHEN:

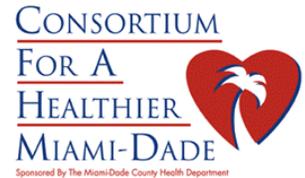
Friday, January 27, 2012

8:00 AM to 12:00 PM



January 2012

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Prevention in the Young

One in four United States (U.S.) children under the age of five are currently either overweight or obese.¹ Preschool-aged children with a 85th - 95th BMI percentile were five times more likely to be overweight during adolescence and were more than four times as likely to become obese as adults compared to their normal weight counterparts.^{2,3}

As a response to the epidemic of childhood obesity, the University of Miami School of Medicine, in collaboration with the Centers for Disease Control and Prevention, the Miami-Dade County Health Department, Consulting Registered Dietitians, and the Department of Children and Families have developed a community-based intervention targeting nutrition and

physical activity within childcare facilities throughout Miami-Dade County. All 1,400 childcare facilities in Miami-Dade County were invited to participate in this program, Communities Putting Prevention to Work (CPPW). The focus was to increase children's exposure to healthy foods and beverages in addition to increasing physical activity and decreasing screen time through four components:

1. Increase awareness of current nutrition trends and health behavior statistics through psycho-educational seminars;
2. Provide caregivers and community members skills to engage in and manage positive

nutritional behaviors;

3. Provide technical assistance for implementation of in-class activities to increase physical activity and reduce screen time among children attending childcare facilities; and

4. Facilitate intensive nutritional consultations with a certified nutritionist to monitor and modify healthy food and drink choices.

Facilities are reporting improved nutrition and physical activity patterns as a result of participation.

- Dr. Ruby Natale
University of Miami Mailman Center
Children Issues Committee



Resources

1. CDC, (2007). Physical Activity and Good Nutrition Essential Elements to Prevent Chronic Diseases and Obesity;
2. Nader PR et al. (2006). Identifying risk for obesity in early childhood. *Pediatrics*, 118(3), e594-601;
3. Freedman, et al (2005). The Relation of Childhood BMI to Adult Adiposity: The Bogalusa Heart Study. *Pediatrics*, 115(1), 22-27.

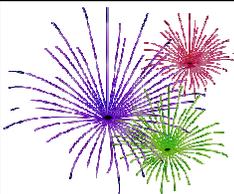
Did you know?

Childcare facilities represent the ideal setting to help combat the obesity epidemic. By adopting policies related to increasing physical activity and improving the offering of nutritious foods, childcare facilities are demonstrating an impact on instilling healthy lifestyle options with young children.





Helpful Hints: How to Stick to Your New Year's Resolutions¹



As we welcome the new year many of us find ourselves renewed and with the energy to start making positive changes to our lifestyles. Each resolution we make opens the door to new opportunities. Although, as time progresses, it may seem difficult to keep up with our resolutions, there are many tips that allow us to make our resolutions a long-term reality. Here are some helpful hints that will get you started on the right track:

Set realistic goals. Make sure to write down what these goals are, and the steps that will help you achieve them.

Plan for obstacles. Don't feel discouraged because you have slipped, a little planning will help you figure out how to overcome them.

Track your progress. Keep a journal or diary to help you stay focused and recover from slip-ups.

Get help. Ask friends and family for support. If it relates to your resolution, consider enrolling in a class or program.

Reward yourself. Make sure to treat yourself when you've achieved a small goal or milestone.

Add variety. Keep things interesting by adding new activities or expanding your goals to make them more challenging.

Resource

1. National Institutes of Health. (2010). Making your resolutions stick: How to create healthy habits. Retrieved from

<http://newsinhealth.nih.gov/issue/Dec2010/Feature1>

Upcoming Events



Little Haiti Farmers' Market & Health Fair

Saturday, February 4, 2012,
10:00 AM — 2:00 PM
at
Toussaint Louverture Elementary School,
120 NE 59 Street, Miami, FL 33137

Come and Enjoy:

- Free health screenings
- Buy fresh food straight from local farmers
- Community garden tours
- Free educational information
- Giveaways!



For additional information please contact the Miami-Dade County Health Department, Office of Community Health and Planning at (305) 278 - 0442.

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BOCHIKA

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Brownsville Farmers' Market & Health Fair

Friday, February 10, 2012,
11:00 AM — 3:00 PM
at the
Jessie Trice Center for Community Health,
5631 NW 22 Avenue, Miami, FL 33142

Come and Enjoy:

- Free health screenings
- Buy fresh food straight from local farmers
- \$20 worth of food for a \$10 EBT purchase
- Free educational information
- Giveaways!



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urban
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project

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For additional information or to participate in the Consortium:

Tel: 305-278-0442

www.healthymiamidade.org